



Business and Professional Women

*Bedford, Pennsylvania
January 2024 Newsletter*

January Meeting:

*Bedford American Legion
3721 Business 220
Bedford, PA
Tuesday January 9, 2024*

*Networking and Meal:
5:30 -6:00 PM
(Order when you arrive and
eat approximately 6 pm)
Speaker & Meeting to follow.
Speaker TBD – Watch email
and FB for speaker update*

Visit BPW PA Website for the latest updates on events, info on upcoming events and the latest Newsletters from the State and other district and local clubs:

<https://bpwpa.wildapricot.org>

Check out the BPW/PA Facebook page to find up to date info.

[BPW PA Facebook page](#)

Like us on Facebook! Visit the Bedford Business and Professional Women's Facebook page and invite others to Like our page [Bedford Business and Professional Women | Facebook](#)

REFLECTIONS

Thoughts regarding 2023 – Our club sustained and grew membership, we had great speakers and good attendance at meetings, we moved our meeting location, gave 3 awesome scholarships, had a better than expected, successful fundraiser at Fall Foliage, two successful BINGOs and joined the Chamber to hold a Meet the Candidate Night. Thank you to everyone who takes time to come to meetings and support our club activities. Your time and commitment are valued.

We are not guaranteed “next time or next year”. In 2019-2020 we had a New Year's Eve party at our house. A group of about 20 were here. We had a great evening. I remember telling Chuck that we should remember to take pictures because we are getting older. In April 2020, we lost a dear friend who was at the party, and then another in August. Covid took those two dear friends that by all appearances were healthy as we celebrated New Year's Eve.

We can buy things but cannot buy more time. So, time is that one most precious commodity – more valuable than silver or gold, property, or expensive gifts. When you give your time to another, you are giving them a precious gift. When someone gives you their time, do not take it lightly. Remember to prioritize things in life and spend time as you should, as your most valuable commodity– you cannot get it back or save it. Think what you are really saying when you tell others “I just don't have the time” – Reality is we all have 24 hours a day for as many days as we are given on this Earth.

So, as we inch closer to 2024, I would encourage everyone to make the moments count. Make memories. Think back on the past year – when you laughed, when you cried, when you were in the moments that will be forever burned into memory. Each of them can be used to set course for the new year, for the rest of your life even. They are the life lessons that shape us and just might make us ready to help someone along the way when they are facing the same. (written by Joan LaSalle)



JANUARY BIRTHDAYS

Susan Lotz - January 22
Norma Baker - January 27
Lela Murin - January 27

Club News:

Thank you to Faith Zembower for putting together a fun-filled Christmas Party. We enjoyed a delicious meal, fellowship, a crazy photo booth and great entertainment by Phil McCaulley.

Club member Keirsten LaSalle recently received her Master's Degree in Psychology with a minor in Child & Adolescent Psychology with a 4.0 GPA.

Upcoming District BPW Events:

Volunteers needed for MATHCounts - MATHCounts is a middle school math competition. Local competition for Blair and Center counties is held at Altoona Penn State the first Saturday of February each year. BPW volunteers help register students, proctor, and score – all completed before lunch. After lunch when the top ten from each area compete head-to-head, we are timers and flip pages ("Flippers"). You can help for some or all day, or just help in the morning and watch the final competition. Look for more information soon!!

District 5 is having a Bakeless Bake Sale – Please make checks payable to Bedford BPW and give to Faith. We will send one check from our club to the Spring District Meeting on April 20, 2024. See the information on page 5.

Spring District Meeting will be April 20, 2024, at Tyrone Grange. We have an amazing speaker lined up. Information about meeting and speaker will be sent in separate email closer to the date for registration.

Windber BPW club will be hosting Personal and Professional Development Workshop April 6, 2024. Information on the program on page 4

Share your news – please send information to: jlasalle929@gmail.com or text 814-285-6610. News about you – personal, career, school, pictures all welcome.

If you know a reason to send a card to a member, please let Leigh Shank know. Text (814) 285-0749, email harleigh_80@live.com

Meet Vicki Clapper, Recording Secretary

Meet Vicki Clapper, our sweet, soft spoken recording secretary 2023-24 and member since 2021. Vicki was born and raised in Durch Corner, graduated from Bedford High School in 2003 and then from California University of Pennsylvania with a Bachelor of Science in Business Administration & Marketing in 2006. While in college she was a member of Kappa Delta Phi National Society of Leadership and Success, Student Marketing Association, served as a Peer Mentor to incoming freshmen, did work/study program with the peer mentoring group assigning mentos and proteges and following up on relationships to resolve any issues, competed Seven Covey's 7 Habits of Highly Effective People course.

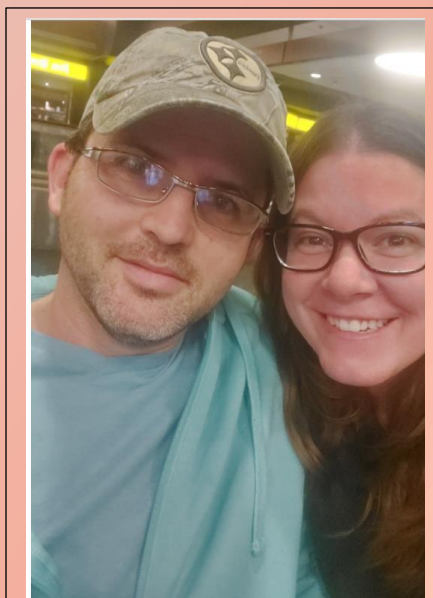
Vicki worked at North Midway Travel Plaza during high school and college baking and selling many Cinnabon's, Sbarro's Pizza and Starbucks beverages. She also worked at Kennametal for a summer during college with her father and sister. She completed a summer internship at Heartland Hall planning events and weddings and continued working there during college breaks until they closed. Her long-term plan was to become an event planner, but Vicki graduated when the economy was in a recession, and nobody would hire without experience.

Since Vicki was getting married to her high school sweetheart in June 2007, and needed a job to pay student loans and a wedding, she took a part time job at AAA for 6 years. She then worked at One Main financial for three years before landing a career at M&T Bank, where her mother, Hackie Pensyl worked for 38 years. Vicki has been the Risk and Operations Liaison, Assistant Vice President in M&T's Business Banking division. She has also been an Administrative Assistant at Mile Level Physical Therapy for 15 years.

Vicki was awarded the President's Council Award at M&T Bank in 2018 – nominated by peers and teammates. She was also promoted to Banking Officer in 2018. In 2019, Vicki was the Relationship Liaison of the Year.

Vicki has an older brother and a twin sister who live in the Bedford area. She is close to her sister, and they live a few miles apart. Vicki and her best friend and husband, Mike, have been married for 16 years. They started dating when she was a senior in high school and survived her college years and are together still.

They have a fur daughter, Belle, a yellow lab full of enthusiasm that Mike surprised her with on their 10th anniversary.



Vicki likes classical, rap and hip-hop (trashy) music, especially Rachmaninoff and Lil' Wayne. She has been to two Lil' Wayne concerts so far. She enjoys soccer – a former player, now a spectator. Vicki says she has no idea what she wants to be when she grows up!

Vicki enjoys going for a slow jog, playing piano, bowling, reading, attending concerts, play and shows, travelling and cooking. She volunteers on two church committees: Co- spearheaded the Children's Winter Clothing Ministry that helped provide warm winter clothes and boots to families in need.

If Vicki could go to dinner with anyone, it would be her grandparents. She would love to hear their stories of growing up and family. Two passed before she was born and two when she was young.



APRIL 6, 2024 – Windber BPW Presents:

The Personal and Professional Development Workshop (PPDW), formally the Individual Development Program or IDP, contains 7 core building blocks (lessons).

The objectives of the program are to:

- Develop leadership skills
- Improve interpersonal communication
- Heighten awareness of issues we face in our personal and professional growth.

Topics covered include:

- Identifying strengths and opportunities for growth
- Developing strong interpersonal skills
- Creating and delivering effective presentations
- Setting goals
- Business etiquette
- Networking
- Interviewing skills.

The PPDW is interactive and includes discussions, worksheets and exercises. Members who complete the course can train as facilitators and/or choose to participate at a District Level speak-off. The district winners can then compete in the competition at the State Convention, which includes a five-minute prepared speech, a two-minute impromptu speech and an interview with the judges.

Read more at: <https://bpwpa.wildapricot.org/Personal-and-Professional-Development-Workshop>



DISTRICT 5 BAKELESS BAKE SALE

We all have many things to do.
Our time is very precious too.
So, we invite you to join us with our take
On a *Bakeless* bake sale so you don't have to bake!

You'd be surprised if you counted the cost
of ingredients, heat, and time you've lost.
Baking for sales is extra work,
yet nobody wants to shirk.

So here is our plan - It is really grand,
we think you will gladly lend us a hand.
Just give a donation to your local club
Of the cost of your favorite bake sale grub.

Bring donations to the November meeting or mail checks made out to
Bedford BPW to Faith Zembower, 130 Seifert Street, Bedford, PA 15522
and if you wish, include your recipe that will be placed in a booklet to
share with all members!